Monday, September 30, 2013

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HEALTH CANADA PRESIDES OVER BIRTH OF BILLION-DOLLAR FREE MARKET IN MEDICAL MARIJUANA PAGE 8

Canadians held in Egypt get 45 more days

Families appeal to PM for help getting pair released PAGE 4

This recent aerial photo shows construction progress of the Deerfoot Trail and Stoney Trail S.E. interchange. An area of the southeast ring road still requires paving and that means the project's planned Oct. 1 opening has been delayed. COURTESY ALBERTA TRANSPORTATION

S.E. ring road project delayed

Hefty penalty.
Contractor faces daily fine of $75,000

Commuters on Calgary's congested southeast streets will have to wait a little longer to cruise the lanes of their portion of the ring road.

Alberta Transportation Minister Ric McIver told Metro exclusively on Sunday that the three-year, $769-million construction project to extend Stoney Trail past Peigan Trail to Highway 22X won't be completed in time for a planned Tuesday unveiling, and it's unclear when exactly it will be ready for free-flowing traffic.

"The contractor, at some point, will probably be better to answer that question," McIver said when asked about a revised opening date.

"We're hoping it will be no more than a week or two and perhaps less, depending upon what progress the contractor makes. Of course, outdoor construction is always somewhat weather-dependent."

Indications last week were that the southeast ring road would open Tuesday, but McIver said his ministry is waiting on a safety audit report, while certain bridge approaches at Deerfoot Trail and Cranston Boulevard S.E. still require paving.

When completed, the project will add 25 kilometres of roadway across six lanes of divided highway. It features 27 bridges, nine interchanges and three flyovers (one road and two railway), along with 12 kilometres of roadway off Deerfoot Trail between Stoney Trail and the Highway 2A Junction.

McIver pledged no additional taxpayer costs as the project was green-lighted through a public-private partnership. Contractor group Chinook Roads Partnership will, however, be slapped with an estimated $75,000 fine for every day the roadway remains closed past Oct. 1, he said.

Word of the delay was cause for frustration among area residents and Ward 12 Ald. Shane Keating, who said he was surprised to see many "extremely nice" weekends where few, if any, workers were present.

"I didn't quite understand why they wouldn't push as hard as they could all the time," he said.

McIver said an early winter last year and late spring this year may have been factors in the delay.

JEREMY NOLAIS/METRO

On the web

To see updated images of the southeast portion of the ring road, head to metronews.ca.

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Barbara and Robb Teghtmeyer want to rebuild the Bragg Creek Trading Post, but say a requirement by Rocky View County to obtain a development permit could cost them thousands if it doesn't arrive ahead of winter. GLENN KELLY/FOR METRO

Wading through red tape

The Bragg Creek Trading Post. Owners are eager to rebuild after the flood, but claim city bureaucracy is holding things up

In 1932, the Bragg Creek Trading Post stood tall even as businesses around it were wiped out by flooding.

In June, portions of the historic landmark remained intact in the face of an even greater barrage of water.

But now its owner worries that what she sees as administrative red tape could deal the site, which specializes in native arts and crafts, its greatest blow yet.

Work had already gotten underway to replace the Trading Post's foundation, which was heavily damaged by rushing water, when a stop-work order was issued by Rocky View County pending the approval of a development permit.

Owner Barbara Teghtmeyer, said she's been told the process could take weeks — she's already waited three — and worries the ever-encroaching threat of snow could significantly rack up her repair bills or destroy the remaining structure altogether.

"It's imperative that we get the support structure in now," she said. "They're trying to tell us that they're doing this for our safety, but we have totally approved structural-engineering reports and have submitted them."

Barbara and her son Jonn both said they've asked around and found that many fellow businesses also inundated with water managed to rebuild without a permit. The Teghtmeyers said they were told that defying their order would result in a $1,000 penalty per day and possible jail time.

But county spokesperson Stacy McGuire said 21 permits were issued in the Bragg Creek area after the flood. She said Teghtmeyer will likely receive her permit by the middle of next month, barring any appeals.

Area Coun. Liz Breakey empathized with the Teghtmeyers' plight, but noted the Trading Post was labelled "Code Red" after the flood, which indicates the building is uninhabitable. She said the county is simply following the rules of its area structure plan and said planners understand the "critical nature" of the situation.

"They're doing everything they can to expedite it ... but for reasons of liability to the taxpayer, this is something one has to do to make sure that the Teghtmeyers are going to be safe, that the proper flood mitigation is done," she said.

But Jonn said he reads county development regulations differently and worries about his parents, who both live in the back of the store.

"It feels like they're singling us out — we're the poster child for their bureaucracy," he said.

JEREMY NOLAIS/METRO

History

The Bragg Creek Trading Post first opened in the mid-1920s as a venue for fur trading. Barbara Teghtmeyer's parents owned the store for decades and she took it over in 1986 after her mother died.

Study. Calgary ranks high on health

Calgarians expose themselves to significantly less cancer risk than Edmontonians in nearly every category of a new study, except drinking and work-related activity levels.

"Calgary does well not just relative to Edmonton but compared to the other cities in Canada," said Rami Rahal, director of system performance with the Canadian Partnership Against Cancer.

The group published the report, called "Population Health in Canada's Largest Cities," on Monday, and Rahal said the differences between Alberta's two largest cities was "striking."

Out of 26 metropolitan areas, Calgary ranked between fifth and ninth in five categories related to smoking and smoke exposure, for example, while Edmonton ranked between 16th and 21st.

Edmonton residents had lower alcohol-related cancer risks, however, with the city placing sixth in the category of residents who consume no alcohol, and 11th in terms of drinking within World Cancer Research Fund guidelines. Calgary, by contrast, ranked 10th and 21st, respectively, in those categories.

Edmontonians also ranked second in terms of overall activity in leisure, work and transportation, but 15th in terms of being "very active" in leisure time.

Calgary's rankings were almost the inverse: 16th in total activity but sixth in "very active" leisure activity.

Rahal said lifestyle choices can result in a "significant number of avoided deaths" in a population.

ROBSON FLETCHER/METRO

Luring first-time voters out to the polls

Calgarians will have the chance on Monday evening to enter ballot booths and cast votes for mayor, city council and school trustee.

No, it's not advance polling ahead of the Oct. 21 general municipal election. It's not, in fact, real voting at all.

Rather, it's a "dry run" of the voting process aimed at people who have never done it before, in an effort to demystify the system.

"For first-time voters, the whole process can be a little bit scary," said Mark Hopkins of VoteKit Calgary, a group of democratically minded citizens who hope to see as many eligible voters as possible cast real ballots in three weeks' time.

To that end, he and others in the group have put together a website — votekit.ca — with information on how and where to vote, and are also putting together a two-hour practice session of sorts, dubbed VoteKit Live.

Co-organizer Ellen Cseke said she was motivated by predictions of low voter turnout, especially compared to the last election, which saw a relatively high turnout of 53 per cent.

"It was a bit depressing to me," she said. "The thought that it could slip down to well below 30 per cent is worrying."

Cseke said many first-time voters might be afraid to ask basic questions, not realizing how "accessible and friendly" elections officials can actually be.

Vote Kit Live runs on a drop-in basis from 7 p.m. to 9 p.m. at the Genesis Centre, 7555 Falconridge Blvd. N.E.

ROBSON FLETCHER/METRO

Mark Hopkins of VoteKit Calgary
METRO

Bishops' letter on HPV still sent to Catholic families

Vaccinations. HPV Calgary claims this should be solely a public-health issue

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Calgary's Catholic families with daughters eligible for a new school-based vaccination program against human papillomavirus are still receiving a 2008 letter from six Alberta bishops and archbishops that states more research is required on whether it's the best method to combat cervical cancer.

Metro obtained a copy of the letter, which comes alongside a message from Calgary Catholic School District Supt. Gary Strother that was written this month and information from Alberta Health Services about the new vaccination program open to girls in Grade 5 and Grade 9.

But district trustees approved the program last November after years of resisting it and chair Mary Martin stated the "ground has shifted a little bit" in terms of new research, which indicated the vaccine does not increase likelihood of promiscuity.

Full disclosure

"The ... letter does not mention that women and girls can contract HPV infection from sexual abuse, date rape and as virgins at marriage."
Juliet Guichon of HPV Calgary

The bishops' letter, however, states, "A school-based approach to vaccination sends a clear message that early sexual intercourse is allowed, as long as one uses 'protection.'"

Calgary Bishop Fred Henry, whose name is included on the letter, did not respond to a request for comment Sunday.

School district spokesperson Janet Corsten conceded the message from the bishops does not consider new research, given that it was written five years ago.

"The bottom line is we are providing the vaccine — we are making it available to eligible students with parental consent in schools," she added.

But John Vyboh, a former teacher who's challenging Martin in the upcoming municipal election, said he was "really surprised and shocked" to learn the 2008 letter is still sent home.

"Guess what? Five years later they have done more research on it ... when it comes to something like this, you have to follow through with the science," he said.

John Vyboh, a Calgary Catholic School District trustee candidate, said he was "surprised and shocked" to learn a 2008 letter from Alberta bishops that raises concerns about the HPV vaccine is still sent to families. COURTESY JOHN VYBOH

Schools. Elbow Park relocation delayed

Provincial officials say they are taking development of a modular school for Calgary students displaced by June's flood "day-by-day" and a parent council chair expects it will be at least mid-October before the students of Elbow Park school are in their more permanent home.

The original Elbow Park site was badly damaged by a rush of water never seen before and Calgary Board of Education officials await an engineering report that will dictate whether portions of the building can be salvaged.

Alberta Education had hoped to open a modular site for more than 200 displaced students on the fields of Earl Grey School by Sept. 9, one week after the start of classes. But that date was pushed back to Sept. 30 after issues emerged with delivering supplies from the U.S.

But a statement from the ministry Sunday confirmed Elbow Park students would remain at their temporary home at Eugene Coste School this week and offered no definitive timeline for when the modulars will be ready.

"We hope to have more information about occupancy in the next few days, but we encourage parents to stay connected with school boards for specific timelines," reads a statement.

Nathan MacBey, Elbow Park parent council chair, said he's been told CBE staff could begin preparing some of the modulars as early as Tuesday, but added that work could take 10-14 days even once full possession has been granted.

JEREMY NOLAIS/METRO

Kelci Hind looks through records at the Calgary Music Collectors Show on Sunday. GLENN KELLY/FOR METRO

Vinyl alive and well at Collectors Show

Vinyl enthusiasts both young and old out came out to Acadia Community Centre Sunday, to barter and trade a plethora of pitch-perfect pressings.

More than 50,000 records were at the 2013 Music Collectors Show, with everything from quirky one-hit wonders to rare limited-edition gems up for sale.

"With the resurgence of vinyl and recorded music, it's been a very successful event," said show organizer Mark Corner. "I think what's happened is, I think the younger generation now wants some substance. They want something they can sit down, study, enjoy and appreciate."

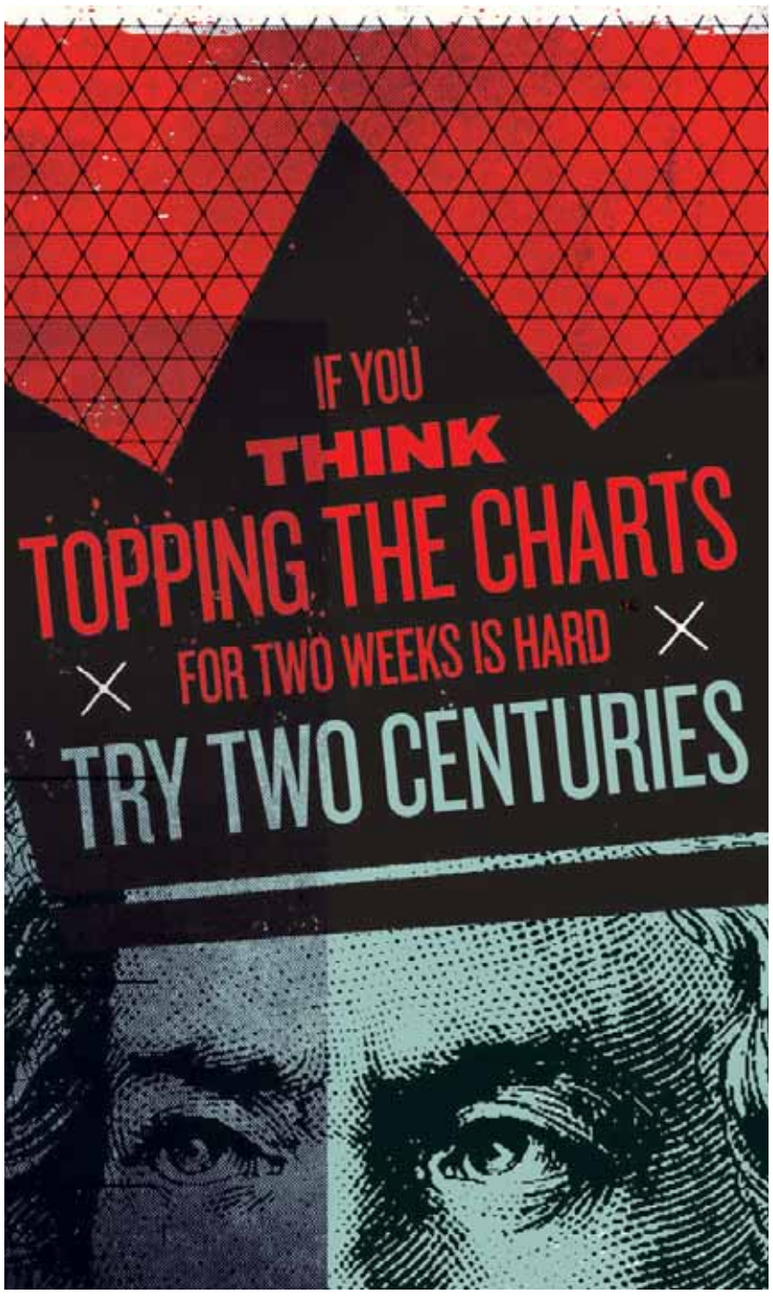
Vinyl records have enjoyed a comeback in recent years, prized by music lovers who argue the quality and tone is something that can't quite be replicated with digital recordings.

"It sounds better. There's room for artwork. It's a tactile experience putting it on the turntable and playing it and cleaning it. In every way it's a superior experience," said rare record collector Don Chase.

GLENN KELLY/METRO

Back next year

For those looking to pick up that copy of Double Fantasy or to complete their collection of Patsy Cline LPs, the Music Collectors Show returns to Acadia Community Centre April 13, 2014.



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IOC told Russian law won't affect gay athletes

Actress Ino Menegaki lights the Olympic Flame at Ancient Olympia in Greece on Sunday. Thomas Bach, the new IOC president, said Sunday he had received assurances from senior Russian officials and Games organizers that an ongoing controversy over the country's treatment of gays will not affect athletes at the Sochi Winter Olympics.
DIMITRI MESSINIS/THE ASSOCIATED PRESS

Canadians in Egypt ordered detained for another 45 days

Time for PM to get involved? Families of Tarek Loubani and John Greyson planning their next step after disappointing news

MIKE DONACHIE
Metro in London, Ont.

The families of London, Ont.'s Tarek Loubani and Toronto's John Greyson were "disappointed" to hear the men's detention in Egypt had been extended for another 45 days.

But, following a statement Friday by the country's attorney general that more investigations were needed, they were not surprised.

Greyson's sister, Cecilia, told Metro the Canadians, who have not been charged with any crime, are tired but physically OK, based on what their lawyers have said.

Supporters of Tarek Loubani and John Greyson have been wearing buttons to draw attention to the case. ANGELA MULLINS/METRO

Although grateful for the help from the Canadian government, including direct representations by foreign minister John Baird, Greyson's family wants help to be stepped up.

"We need to continue to ask the Canadian government to continue the work it's already been doing, talking to Egyptian officials and asking for their release," said Cecilia Greyson. "The Minister of Foreign Affairs has been very concerned about the case. Minister Baird spoke to the Egyptian foreign minister on a couple of occasions this week.

"It may be time now that Prime Minister Harper talk to his Egyptian counterpart," she added.

The families are planning their next step, after talking to their lawyers.

Africa. Nigerian students executed while they slept

Suspected Islamic extremists attacked an agricultural college in the dead of night, torching classrooms and shooting dozens of students as they slept in dormitories, the school's provost said — the latest violence in Nigeria's ongoing Islamic uprising.

The attack, blamed on the Boko Haram extremist group, came despite a 4 1/2-month-old state of emergency covering one-sixth of the country. Recent violence has led many to doubt assurances from the government and the military that they are winning.

Provost Molima Idi Mato of Yobe State College of Agriculture said that there were no security forces protecting the college. Two weeks ago, the state commissioner for education had begged schools and colleges to reopen and promised they would be guarded by soldiers and police.

Idi Mato said as many as 50 students may have been killed in the assault that began about 1 a.m. Sunday in rural Gujba.

Most schools in the area closed after militants on July 6 killed 29 pupils and a teacher, burning some alive in their hostels, at Mamudo outside Damaturu.

President Goodluck Jonathan condemned the attack on TV. He said he wondered whether the victims were Muslim or Christian.

Boko Haram leader Abubakar Shekau has said that his group wants to end democracy in Nigeria and allow education only in Islamic schools. Boko Haram means "Western education is forbidden."

Its uprising poses the biggest security challenge in years to the country. Nigeria is Africa's most populous nation with more than 160 million people — almost equal numbers of which are Muslims and Christians. THE ASSOCIATED PRESS

Too young

18-22

Provost Molima Idi Mato of Yobe State College of Agriculture said most victims were between age 18 and 22.

Car bomb kills dozens to cap off lethal week

Pakistan. Explosion shreds popular bazaar, lighting old wooden structures ablaze

A car bomb ripped through a crowded street in Peshawar's oldest bazaar Sunday, killing 40 people in the third blast to hit the troubled Pakistani city in a week, officials said. No one immediately claimed responsibility for the attack.

The explosion appeared to have been caused by a bomb planted in a parked car and detonated by remote control, said police officer Zahid Khan. It went off near a mosque and a police station, damaging the house of worship and nearby shops and engulfing many vehicles in flames, police said.

At least 40 people were killed and 90 wounded, said Jamil Shah, a spokesman for Lady Reading Hospital.

The dead included 14 members of a single family who were visiting Peshawar to plan a wedding, along with their driver and an assistant, said relatives.

Many of the old buildings in the historic Qissa Khawani market are made of wood, which easily caught fire, said senior police officer Shafqat Malik. THE ASSOCIATED PRESS

Victims by the score

Such attacks in Peshawar have claimed more than 140 lives since last Sunday, when two suicide bombers blew themselves up at a church, killing 85 people.

- **On Friday,** 19 people died when a bomb planted on a bus exploded.

A Pakistani man carrying a child rushes to safety shortly after a car bomb exploded in Peshawar on Sunday. MOHAMMAD SAJJAD/THE ASSOCIATED PRESS

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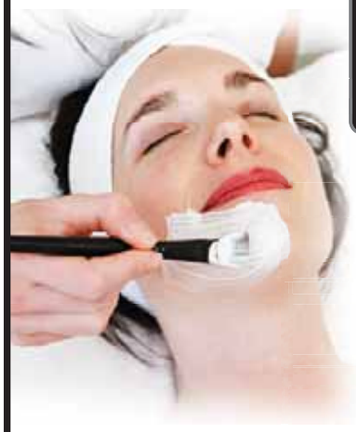

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Medical weed supply reborn as free market

Health Canada. Under the new system, users will get their pot from large-scale farms that are RCMP-certified

The Conservative government is launching a $1.3-billion free market in medical marijuana this Tuesday, eventually providing an expected 450,000 Canadians with quality weed.

Health Canada is phasing out an older system on Monday that mostly relied on small-scale, homegrown medical marijuana of varying quality, often diverted illegally to the black market.

In its place, large indoor marijuana farms certified by the RCMP and health inspectors will produce, package and distribute a range of standardized weed, all of it sold for whatever price the market will bear. The first sales are expected in the next few weeks, delivered directly by secure courier.

"We're fairly confident that we'll have a healthy commercial industry in time," Sophie Galarneau, a senior official with the department, said in an interview. "It's a whole other ball game."

The sanctioned birth of large-scale, free-market marijuana production comes as the Conservatives pillory Liberal Leader Justin Trudeau's campaign to legalize recreational marijuana.

Health Canada is placing no limits on the number of these new capital-intensive facilities, which will have mandatory vaults and security systems. Private-dwelling production will be banned. Imports from places such as the Netherlands will be allowed.

Already 156 firms have applied for lucrative producer and distributor status since June, with the first two receiving licences just last week.

Government officials project that the medical marijuana industry in Canada could eventually see revenues of $1.3 billion a year. TORSTAR NEWS SERVICE FILE

The old system fostered only a cottage industry, with 4,200 growers licensed to produce for a maximum of two patients each. The Mounties have complained repeatedly these grow-ops were often a front for criminal organizations.

The next six months are a transition period, as Health Canada phases out the old system by March 31, while encouraging medical marijuana users to register under the replacement regime and to start buying from the new factory-farms.

THE CANADIAN PRESS

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LOCAL SIGHTS, SITES AND SCENERY

URBAN COMPASS

Jeremy Klaszus
calgary@metronews.ca

It's autumn, and that means bright yellow larches. Every year, Calgarians flock west to the mountains to see the otherworldly glow of these golden trees. By all means, go visit them. But consider seeing the sights east of our city as well. Let me direct your attention to the Brooks area, where four friends in a car are hunting for another destination of alleged beauty and significance. Let's listen in.

"It's around here somewhere."

"What is?"

"The Brooks Aqueduct."

"The what?"

"Aqueduct. You know, for water."

"This is rural Alberta, not the Roman Empire."

"I know. There's an aqueduct. Old. Historic site. It's around here somewhere."

"Do we really need to stop for this?"

"Yes."

The car stops at Wendy's. A man goes inside to the counter, figuring the locals can help.

"Excuse me, do you know how to get to the aqueduct?"

"The what?"

It does exist. Granted, it's not exactly the Aqueduct of Segovia. When you finally find the thing, you see what resembles a three-kilometre concrete half pipe, all fenced off, stretching across the prairie. Still, it's got a story. Built a century ago, the aqueduct carried Bow River water to parched farms in the Brooks area. Abandoned in 1979, it remains as a "monument to pioneers who developed the region."

But be warned. If you take friends east from Calgary just to see the Brooks Aqueduct, they will likely abandon you there. Only go if you're driving past Brooks.

There's a much better destination closer to Calgary: Blackfoot Crossing Historical Park. This is about an hour east of the city, just off Highway 1 on the Siksika reserve.

Here, history was made in 1877 as summer turned to fall.

In September of that year, the First Nations of Southern Alberta converged beside the Bow River to discuss Treaty 7 with the Canadian government. The Siksika, Bloods, Peigan, Stoney and Tsuu T'ina all signed the treaty, which they took to be a step of hope and promise for their people.

Today, a magnificent cultural centre overlooks Blackfoot Crossing. An elaborate exhibition presents the people's history, up to the present day, from a Siksika perspective. If you want to understand the issues driving the Idle No More movement, this is the place to go.

Plus, Blackfoot Crossing really does rival the beauty of the mountain larches. Walking paths behind the centre lead down toward the river, which is flanked by trees of green, orange and yellow.

On your way home, you can visit the gravesite of Chief Crowfoot, the great Blackfoot leader. After leaving the cultural centre, drive north toward the highway and keep an eye out for a path on your left-hand side.

It's around there somewhere.

ZOOM

Space oddity: Noctis Labyrinthus

COURTESY NASA/JPL/UNIVERSITY OF ARIZONA

Red Planet lookin' a little blue

Judging by this image of our neighbouring world, Mars isn't always the "Red" Planet. Taken by NASA's Mars Reconnaissance Orbiter (MRO), the photograph shows the colourful area of the Noctis Labyrinthus region, perched high on the Tharsis rise in the upper reaches of the Valles Marineris canyon system. **METRO**

Valles Marineris stretches east-west just below Mars's equator.
COURTESY NASA

The grand, grand, *grand* canyon

Covering nearly a fifth of the circumference of Mars, the Valles Marineris is the largest canyon system on the planet. Spanning a colossal 4,000 kilometres, the canyon system can reach depths of 10 kilometres, and is at some points 200 kilometres wide. If the system were located on Earth, it would stretch across the U.S., from L.A. to the Atlantic coast. **METRO**

Falling into the abyss

The Valles Marineris system is believed to be the result of the formation of the nearby Tharsis volcanic region, home to Olympus Mons, the solar system's largest volcano. As the region swelled with magma billions of years ago, the planet's crust stretched and split, collapsing into a vast, deep canyon. **METRO**

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

Three weeks into its Canadian debut, Kickstarter Canada's been funding everything from alien adventure/action games to animated shorts to new technologies you never knew you needed. Meet the products you probably don't need, but will feel super cool having.

CONTRIBUTED

Polar Pen:

With 17 days left to go, the "world's first" modular magnetic pen has already reached more than 3,000 per cent of its funding. Not only would the silver (or 24K gold) bits look hot on your desk, they'd also give you something to play with when writer's block hits.

Peachy Printer:

Again with the "world's first," this 3D printer claims to be among the cheapest ($100) and smallest 3D printers (that also doubles as a scanner). The pared-down design keeps the cost of the device low without using cheap parts. Twenty-one days left — and almost 1,000 per cent funded — to get in on the action.

AppSeed:

From sketch to prototype with just a smartphone, the AppSeed helps designers turn their ideas into functioning models. With 10 days to go and $13,000 up, these Toronto-based designers are at 45 per cent of the $30,000 goal.

Letters

RE: Are U.S. border guards 'anti-Canadian'? Published online Sept. 27

Canadians need to stop going down to the States. Do your shopping here, vacation in Canada or anywhere other than the States. After about a year of the boycott, the Americans will be crying for Canadians to come back. If the Americans want our business, then it is them that need to smarten the Border Guards up and treat us with respect. The same goes for the Canadian Border Guards, they too are in need of smartening up pills.
Dinorex, posted to metronews.ca

Must be a slow news day. I'm sure there are CBSA employees that hate arrogant yanks, or bus drivers that hate old people, driving instructors that hate teenagers, etc. A little time on the Internet and you'll find a forum where someone behind an alias (hey — like me!) is crapping on someone else. It's hardly newsworthy. **Guesswhosback, posted to metronews.ca**

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SCENE 2

iTunes Festival

Justin Timberlake

Venue. Live from the Roundhouse in London, U.K.

The problem with live streaming is the technical difficulties. Would have loved to tell you how awesome Justin Timberlake's opening Only When I walk Away was, but I could only hear it. Crowd seemed to love it. But it wasn't until the next song, Sexy Back, when the technical glitches resolved and I could see Timberlake, surrounded by blazing purple and red lights and smokin' hot in a black suit (but no tie), white penny loafers and fedora. Timberlake was backed by a quartet of singers and a pit of musicians, including brass and electronic. Dude still has moves, paying homage to Michael Jackson as he went and still has pipes, his gorgeous falsetto hitting the high notes in Cry Me a River with ease. Watching the concert through the iTunes store means getting close enough to see every sweat drop run down Timberlake's face. He gave the crowd what they wanted – a mix of old hits and songs from his upcoming album The 20/20 Experience – Part 2, which drops today. ELISHA DACEY/METRO

EACH MONDAY IN SEPTEMBER, METRO REVIEWED ONE OF THE ACTS PARTICIPATING IN THE ITUNES FESTIVAL. TAKING PLACE ALL MONTH AT THE RENOWNED ROUNDHOUSE IN LONDON – AND STREAMING ONLINE IN HD – THE ITUNES FESTIVAL FEATURES 60 ACTS EACH DAY AT 4 P.M. ET/1 P.M. P.T. TO WATCH LIVE, DOWNLOAD THE ITUNES FESTIVAL APP TO YOUR IPHONE, IPAD, IPOD TOUCH OR APPLE TV. FOR A FULL LIST OF ACTS, VISIT METRONEWS.CA

Going light on the legal

Interview. Franklin & Bash is set in the courtroom but it's more about the relationship between the two lawyers

NED EHRBAR
Metro World News in Hollywood

Franklin & Bash is a show about lawyers sans all that legal stuff. CONTRIBUTED

Mark-Paul Gosselaar and Breckin Meyer are currently enjoying the third season of their comedy-drama legal series, Franklin & Bash, about two — let's say unconventional — young attorneys. They're so comfortable that it can be tough to distinguish them from their characters sometimes, except, as Gosselaar points out, Meyer's Jared Franklin is much funnier than Meyer himself.

There are a lot of shows about lawyers. What makes this one unique?

Mark-Paul Gosselaar: I think what separates our show most is the relationship between the two guys, Franklin and Bash. When I was pitched the show, I had just come off a TNT show playing an attorney, so the last thing I wanted to do was play another attorney. But being an attorney and the law aspect of the show sort of takes a back seat really to the relationship between these two guys. And that, I think, isn't in lawyers shows as much as they are in cop shows, maybe, or some other genres. But I think that's the first time that I read a script about two lawyers who have this sort of relationship — and I'd like to say that we came out before Suits because Suits has sort of the same dynamic.

Breckin Meyer: And I think the thing you don't get when you're dealing with these "case of the weeks," the one thing we have with the show — and it's because of the relationship — is the fun, is the comedy. It's not like Airplane, it's not a satire of a legal show. It's just that these guys are younger than most lawyers that they go up against, younger than the judges, and they tend to go about it in... a feistier way. If that means Jerry getting drunk during a cross-examination or Peter making out with one of the witnesses to win the case, so be it. They're kind of still feisty.

After three seasons, how comfortable are you in the roles?

Gosselaar: I think we're pretty comfortable, but also I think that we still, to this day, are very hard on ourselves, and I think we're very hard on the show in terms of trying to produce a product that we enjoy being on and that the fans will enjoy. I don't think we're comfortable in the sense that it's the third season and we're just sort of letting the show manifest into itself. I think we're still very much a part of it and we're still hungry. We only do 10 episodes a season, so for us in three seasons, we've done basically a season and a half of a network show. So for us it doesn't feel like we've done that much. A lot has happened in three years. I mean, Breckin is old now.

Meyer: And you don't stop aging. It's insane.

Gosselaar: I drink blood. I drink Breckin's blood, actually, that's how. Our characters are a magnification 100 per cent of who we are in real life. What we play on television is not too far from the type of people that we are, but they're completely magnified. I like to work out, I like to feel good about myself and look good, but Peter takes it to a whole other level. Breckin is kind of funny in real life, but he's really funny on the show.

How much time have you actually spent in a courtroom to research this job?

Gosselaar: For this job? None.

Meyer: And we'll say to Bill, our co-creator, a lot — like with me being drunk or whatever — we'll say, "What would happen if I really did that in court?" And he says, "You'd get thrown in jail," ... Bill says if you learn anything about the law watching our show, we're doing you a disservice.

Show

Where can you watch

- **Channel.** Franklin & Bash airs Mondays on Bravo.

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Orenstein's own tale helps him carry the Package

Package Deal's Harland Williams, Julia Voth, Randal Edwards, and Jay Malone pose in a Toronto hotel. THE CANADIAN PRESS

Rarity. Sitcom adopting rare Canadian style of filming in front of live audience was spawned from Toronto native's own family experience

In Canada, a live, studio audience sitcom taping is a rarity. One of the most popular ones, CBC's The King of Kensington, aired in the '70s. Suddenly, however, a couple of Canadian comedies are venturing forth with the same four-camera, live studio audience format that has worked in Hollywood in shows ranging from I Love Lucy to The Big Bang Theory.

Toronto audiences lined up earlier this year to see tapings of Dave Foley's new comedy Spun Out, airing later this season on CTV. In Vancouver, the bleachers were filled for tapings of Package Deal, which premieres tonight on City. The series stars Randal Edwards (The Killing, The Best Years) as a young lawyer named Danny who has just met the love of his life, Kim (Julia Voth). He also has a great loft apartment, which is where his two goofy brothers, played by comedians Harland Williams and Jay Malone, like to crash. Eugene Levy and Pamela Anderson add a little star power in recurring roles.

The underlying premise of the series: will Kim be cool with this three-brother package deal? It's all somewhat based on a period of time in the life of creator/executive producer Andrew Orenstein.

Quoted

"I think of Harland as this giant rabbit, with these big, padded boxing gloves, and he's just-Boom! Boom! Boom!-drumming on you all day. Everything that comes out of his mouth is funny."

Randall Edwards, co-star in Package Deal
On his co-star and sitcom veteran Harland Williams.

"This is a show about me and my stepbrother," says Orenstein, who grew up in Toronto but moved to Los Angeles when he took a chance on a career writing for television. He went on to become a writer and producer on several hit U.S. sitcoms, including 3rd Rock from the Sun, Malcolm in the Middle and Everybody Hates Chris. More recently, he was behind the CBC sitcom 18 to Life.

Orenstein's stepbrother is ten years older. He's basically the Harland Williams character in Package Deal, "but don't tell him that," says the producer.

"When I started dating my wife, I would talk about my brother in reverential tones," he says. When she finally met the older sibling, he wasn't quite the superman Orenstein had made him out to be.

Orenstein learned he had a blind spot when it came to his brother. He took a closer look at the sibling rivalry between his own two sons and, voila, a sitcom was born.

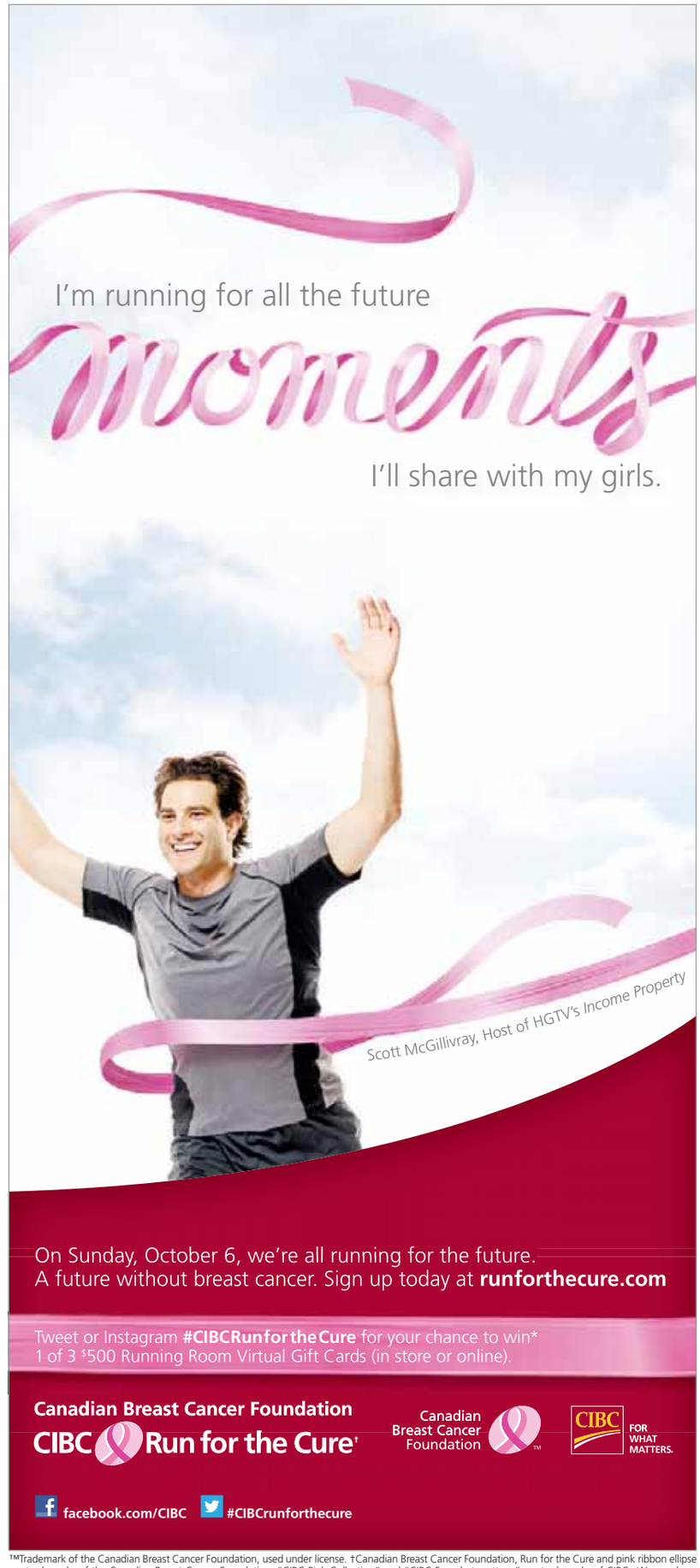
Williams has turned out to be the perfect older brother in more ways than one. He's the only cast member who has experience in four-camera sitcoms, starring in Simon (1995-96) and as part of the ensemble in The Geena Davis Show (2000-01). "I played Geena's sidekick in that one," he says, "and here I am back in the motherland."

Edwards says Williams is valued not just for his sitcom experience but also for his great sense of play. "I think of Harland as this giant rabbit, with these big, padded boxing gloves, and he's just-Boom! Boom! Boom!-drumming on you all day," says Edwards.

"Everything that comes out of his mouth is funny," he adds. "When you look at him, he gives you this persona that you think you're going to get, and then what comes out of him-he's so intelligent, so quick."

Edwards is even more impressed with Williams when the cast ventures out in public. "He's the most genuinely humble celebrity I've ever met. This is the guy who has been put in front of me to say, this is how you treat people with respect in this business."

THE CANADIAN PRESS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Doctor Sleep would keep Stephen King

Interview. The Shining sequel Doctor Sleep offered interesting challenge for author of one of the defining literary works of this generation

Pop culture consumes authors, musicians and actors and quickly moves on. Only a few have staying power, and Stephen King is one of those rare figures.

With the release last week of Doctor Sleep, his much anticipated sequel to The Shining, the 66-year-old King continues to release and inspire new projects more than four decades after he first started to scare the bejeezus out of everybody. A stage musical he wrote with John Mellencamp is about to begin touring the country, Under the Dome was a surprise television hit of the summer and a film project based on his novella A Good Marriage is in the works as well.

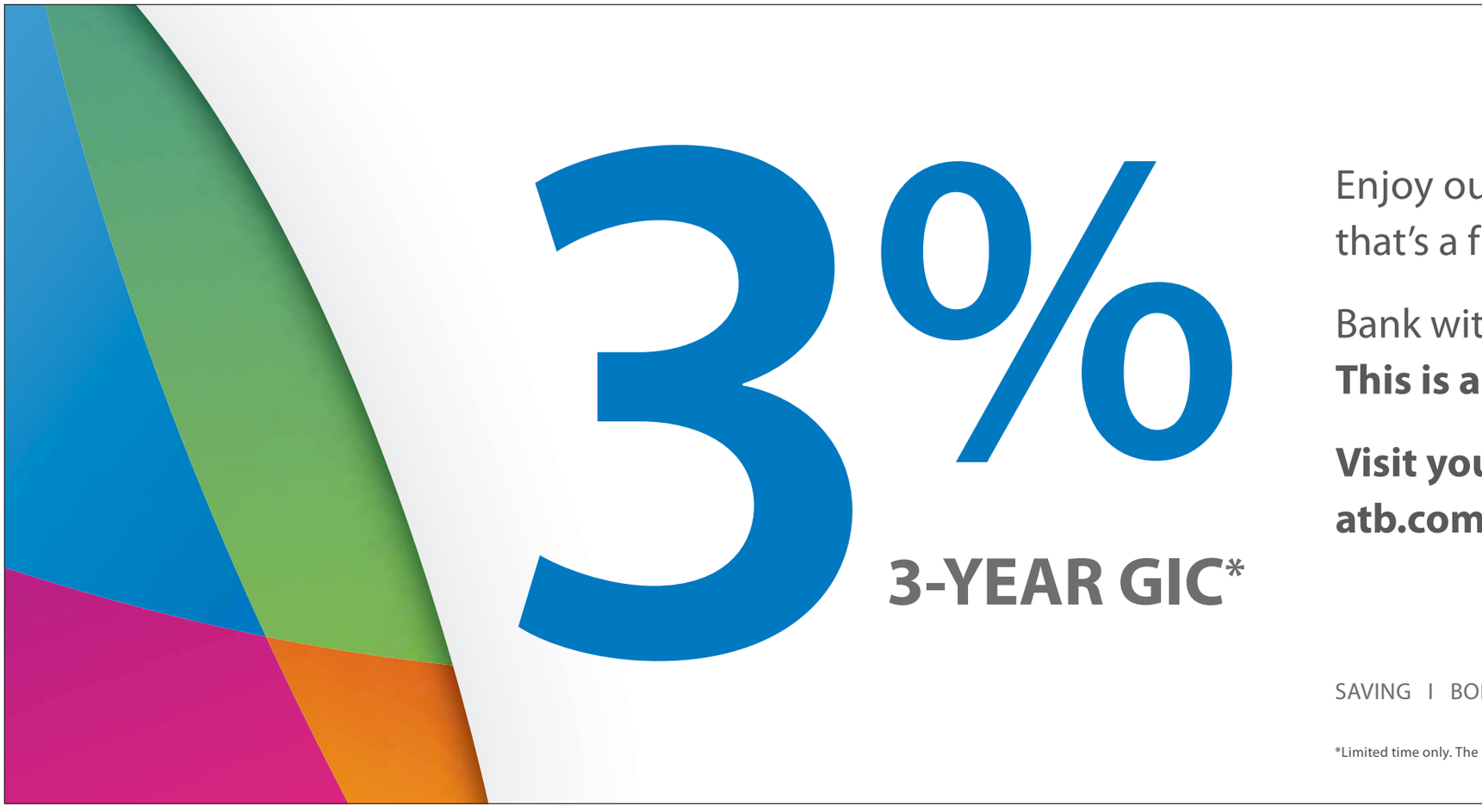
King spoke earlier this summer about how he approached the tricky task of writing Doctor Sleep.

Writing a sequel to a beloved book so many years later had to be tricky. How did you approach it?

When I went into it I thought to myself, if I do this I can probably never satisfy the expectations of the audience because so many people who read The Shining, I got them while they were young and malleable, they were young adults, teenagers. I meet people all the time who say, 'That book scared the s— out of me,' and I'll say, 'How old were you when you read the book or saw the movie?' and they'll say 16. And if you were 16 then, you're probably 50 now and a little bit case hardened when it comes to scary things. I was curious. I wanted to see what happens to Danny Torrance, so I took my shot.

What do you think of the book now that you're done with it?

I like it. I think it's pretty good. I kind of approached it with the idea of it's a movie sequel where the story's supposed to be different but it's supposed to have the elements of the original that were successful, and I thought that's a real challenge. Let me see if I can do something that's really good, that has some of the elements that scared people in The Shining and create a



You're in luck angsty teenagers

Emo isn't dead. At least not according to Saves the Day's Chris Conley, who's been in the business of making emotive, yank-on-your-exposed heart strings music for just about two decades.

In fact, if you ask Conley, emo — a genre that's seen countless evolutions and reincarnations (some great, some terrible, depending on who you're talking to) throughout the late '90s and early aughts — is making a resurgence.

"(There are) a lot of new bands coming along that have that same spirit, that authenticity, and honesty and good songwriting," he says. "You see a lot of bands coming up that have that sound, like they listen to music of the '90s now, so maybe it goes in waves. I think that honest music is making a comeback for sure."

As for any residual stigma associated with the angstiest genre around, he thinks that it's on the decline.

"I think some of the negative connotations might be disappearing," he says.

"I think that the phase of the haircuts is probably over, where the band's MySpace profile picture mattered more than their first demo. It seems like that's gone, I think people see through it."

If anyone would know, it would be Conley.

The only remaining founding member of one of emo's definitive bands, he's stuck with it through eight studio albums and a revolving door of bandmates.

They have seen almost 20 members that have come and gone.

It's all been worth it though, he says, because there's nothing else he'd rather be doing.

Their self titled album is out now.

ALEXANDRA CAVALLO/MWN

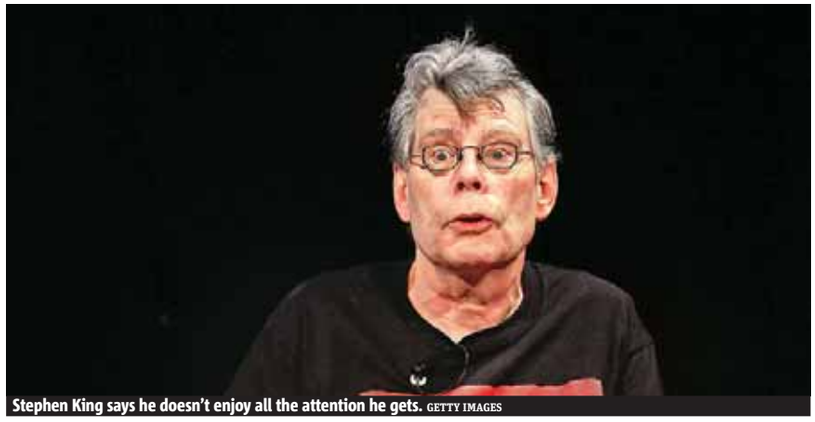
Saves the Day's Chris Conley. GETTY IMAGES

up at night

story that's entirely on its own and that people could pick up and read even if they never read The Shining in their life. It was fun to take the shot.

That's going to be one of the literary events of 2013. Do you enjoy the attention of moments like those?
The short answer is no, I really don't know how to cope with that.

You aren't the only King with a new book this year. Both of your sons, Joe Hill and Owen King, published novels last spring.
Joe knocked it out with NOS4A2. I love that book. He's in his wheelhouse now. No question. Owen published his first novel, Double Feature, in March and it's an entirely different thing. It's funny. It's fall on your knees funny. THE ASSOCIATED PRESS


Stephen King says he doesn't enjoy all the attention he gets. GETTY IMAGES

A sequel

The long awaited return.

- **Need to know.** Doctor Sleep is a novel by Stephen King, a sequel to King's novel The Shining, released in September 2013.

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Moby aiming for his imperfect perfection

New music from Moby is a relative thing.

The veteran DJ notes his latest 12-track disc is set for release tomorrow but was completed way back in February — an eternity in this day-and-age of instant releases geared to capitalize on of-the-moment trends.

But that's just how Moby operates, and the 48-year-old electronic musician makes no bones about the fact that Innocents sounds nothing like the bombastic pop songs that dominate current charts.

"I'm not the target audience for it, you know, I'm not 13, but so much music today — and I'm not even saying this as a criticism, it's just more a statement of fact — it's crafted and disingenuous," Moby said earlier this summer during a promotional stop in Toronto.

"It's expressing emotion and sentiment that people think will work well on the radio."

Commercial success is clearly of little concern.

What Moby does cherish is a meticulously crafted album, and with Innocents he admitted to stepping outside of his normal routine "to genuinely collaborate with people."

For the first time in his career, he relied on a co-producer — Mark (Spike) Stent, who has worked with Lady Gaga, Madonna and Maroon 5 — and sought co-writers including Toronto's Cold Specks, Flaming Lips frontman Wayne Coyne, past Moby vocalist Inyang Bassey and Queens of the Stone Age collaborator Mark Lanegan.

"Usually it's singers I've brought in to sing songs that I've written and this time I wanted to see what it would be like to send someone an instrumental and have them write all the lyrics and vocal melodies without any direction." THE CANADIAN PRESS

Moby isn't afraid of making innocent mistakes. CONTRIBUTED

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop Goes The Week

Bieber lays down the law while Gaga bickers online

STAR GAZING
Malene Arpe
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Justin Bieber reportedly kicks out his buddies Lil Za and Lil Twist after some jewelry goes missing from his house. Perhaps now there will finally be room for Lil Suspenders and Lil Shirt to move in.

Pamela Anderson is going to be running the New York City Marathon. Unfortunately she will apparently not be doing so in slow-motion, wearing a red bathing suit.

Kevin Federline says that he will not allow Britney to haul their son Sean Preston on stage during her upcoming Vegas show. And if she doesn't heed him he'll immediately retain a lawyer using her money.

Robert Pattinson brought a "mystery brunette" to a friend's birthday party. It was either that or the "intrigue redhead," but she was busy at an anniversary brunch.

Kanye West complains that six years ago Fendi ignored his design for leather jogging pants. In Fendi's defense let's not forget that Kanye's collection of cement hats was a severe disappointment.

Lady Gaga and Adam Levine get into a twitter war that starts out being about the nature of art but quickly devolves into grammar shaming. It's exactly like that time when Picasso and Hemingway wrote angry notes to each other in the margins of the afternoon paper.

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Forty-eight per cent of children aged 11 and older have a cellphone. ISTOCK

Book excerpt

Smartphone vs. kids

IT'S ALL RELATIVE
Kathy Buckworth
Kathybuckworth.com

Smartphones. Do kids need one? I go back and forth on this one. While it's great that we can use our smartphones to stay in touch with our kids, it's not so great that they can use their smartphones to stay in touch with us. When I need to get a hold of them, it's important. When they need to get a hold of me, it's usually to ask me to do something. I don't need them to have immediate access in one of those scenarios. According to a President's Choice survey, 48 per cent of children 11 and older have a cellphone. Take my advice and teach them how to use this cellphone in a safe and polite way. Just because we blazed the trail by using these marvels of technology in cars, while walking across busy streets, and in the middle of romantic dinners, does not in any way mean we have to pass on these rude and dangerous methods to our children. Help put the "smart" back in smartphone. **FROM I AM SO THE BOSS OF YOU: AN 8 STEP GUIDE TO GIVING YOUR FAMILY THE BUSINESS BY KATHY BUCKWORTH, PUBLISHED BY MCCLELLAND & STEWART, 2013. AVAILABLE AT BOOKSTORES EVERYWHERE.**

Exclusively online

The McCafé is a parent's play place. Find out why with exclusive Metro content from Lyranda Martin Evans and Fiona Stevenson, authors of the hilarious bestselling book Reasons Mommy Drinks, at metronews.ca/voices.

Balancing act: Finding fam time

Book. Don and Debra MacMannis share tips on how to strengthen family ties

Parents might often feel they are running a daily gauntlet, from backpacks and breakfast in the morning to bedtime tuck-ins. But every now and again, parents should take a few minutes to check in with each other and their children.

One therapist couple, Don and Debra MacMannis, have 10 tips in a new book — How's Your Family Really Doing? — they say are needed to create lasting bonds

Don, a child psychologist who also writes music for children, says the book was inspired after 35 years of families reaching out for help, often asking the same questions.

The couple had some advice on how families can form stronger ties, starting with taking time to connect.

The in-between times

Catch moments in between — like driving in the car, eating a snack, walking the dog — to share thoughts and feelings with your loved ones.

Tip

Use voicemail, email or texts to send your love or to check in on how your partner's day is going. Little gestures help us feel loved.

Be affectionate

Too many parents give all of their love and attention to the kids. Make a conscious decision to be more affectionate with your partner. Remember the early days of courtship when you held hands, kissed and hugged hello and goodbye (and then some), shared back rubs or cuddled up on the couch? Do that again.

Just listen

Deeply listening to one another can be a profound way to reconnect if distance has crept between you. If you are the listener, make eye contact, take deep breaths to keep yourself centered, and remember not to give unsolicited advice.

There are easy ways to bring your family members closer together. ISTOCK

Every bit counts

Words and gestures can also be affectionate. We obviously feel more loved when complimented rather than criticized. Use fun nicknames and don't forget to say the precious words: "I love you."

METRO

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Bye-bye BBQ season: Chicken kebabs

Most of us have a pretty limited banana repertoire. We eat them straight up, baked into quick breads, pureed into smoothies, or sliced into either fruit salad or some sort of breakfast food. That's about it.

This Chicken Kebab with Banana-Chili Sauce recipe introduces you to the savoury side of bananas.

1. In a large zip-close plastic bag, combine the water, salt, paprika and pepper. Close the bag and shake to blend, then add the chicken. Seal the bag, then turn to coat the chicken. Refrigerate for 30 minutes. If using wooden skewers for the kebabs, soak them in water while the chicken brines.

2. Meanwhile, in a blender or food processor, combine the bananas, ketchup, jalapenos and vinegar. Puree until very smooth. Set aside.

3. When ready to cook, heat the grill to medium-high. Use an oil-soaked paper towel held with tongs to oil the grill grates.

4. Remove the chicken from the brine, then thread the pieces onto 4 skewers. Grill, turning regularly, until cooked through, about 12 minutes total. Using a basting brush, lightly coat the kebabs on all sides with chili-banana sauce, then grill for another minute. Transfer the kebabs to serving plates, then drizzle with additional sauce.

THE ASSOCIATED PRESS

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

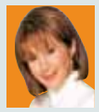
- 1/2 cup water
- 1 tsp kosher salt
- 1 tsp smoked paprika
- 1/2 tsp ground black pepper
- 1 1/4 lbs boneless, skinless chicken breasts (about 3), cut into 1-inch chunks
- 1 1/2 bananas
- 1/2 cup ketchup
- 1 to 2 whole fresh jalapenos (for less heat, split them open and remove the seeds and ribs)
- 2 tbsp red wine vinegar

Correction

Friday's Beekman Boys article wrongly identified The Beekman 1802 Heirloom Dessert Cookbook as the couple's first book release. It is actually its second.

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

Salad is great for those trying to eat healthy, but additions may cost you in calories and fat if you're not careful. PHOTOS: MIKE MCCOLL, FROM ROSE REISMAN'S CHOOSE IT AND LOSE IT (WHITECAP BOOKS)

Milestone's Grilled Chicken Salad

1,040 calories/ 82 g fat

Think twice about this salad. Fried tortilla chips and an oil-based vinaigrette give you close to a day's worth of calories and fat.

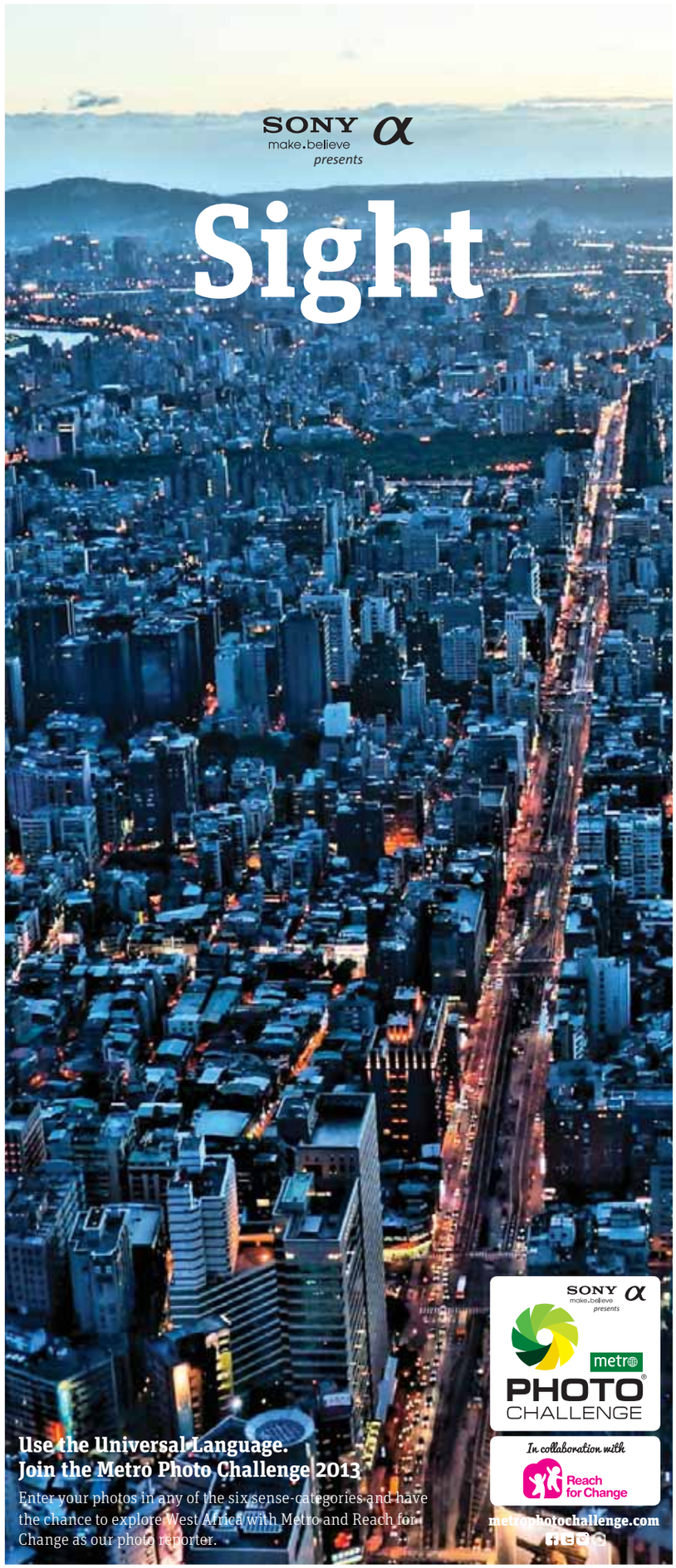
Equivalent

One Milestone's Grilled Chicken Salad with tortilla chips and Honey Lime Peanut Vinaigrette is equal in calories to 20 oz (567 g) grilled flank steak.

Roasted Garlic Caesar Salad entrée size with Chicken Breast

625 calories/ 45 g fat

At Milestone's, the Caesar gives you half the calories and fat, making it a better choice.



To the lecture hall or the locker room?

Working it out.
Hit a home run by perfecting a strong school-sport balance

BRUCE WALSH
Metro World News

Every fall thousands of student athletes discover they must walk a tightrope between academic and athletic pressures — often with a year-to-year scholarship on the line. As the 2013-14 athletic calendar kicks off, we checked in with student athletes both past and present for advice on coping with the tougher side of their experience.

Welch Suggs

Sport: Track and field

School: Rhodes College

Current position: Professor of sports journalism at the University of Georgia

Career highlight: Author of the book, A Place On the Team

What do you wish all athletes knew before they arrived on campus?
That college athletics are a business, and that is the primary motivator of nearly all the adults surrounding them. That means the schedule may be unfair, and your scholarship may be adjusted. Most athletes aren't prepared for that. It's not the most nurturing atmosphere in the world.

Where can athletes go for help and advice?
It varies from campus to campus, but usually there are academic advisers who are willing to advocate for athletes. The catch-22 is that people outside of varsity sports usually don't understand the pressures on the inside.

Emily Dorko

Sport: Softball and volleyball

Leaving one for the team

At some point, athletes often realize that there's a whole other world that they'd like to experience — student government, studying abroad, etc. But they don't realize that when they take that scholarship, they're really beholden to the coach.
Karen Weaver
Professor of sports management

School: Adelphi University

Current position: MBA graduate student

Career highlight: .495 batting average in 2013, multiple academic awards

What do you wish you knew before you became a student athlete?
That coaches sometimes forget you're a student first. When you're under pressure, it's easy to let your studies fall by the wayside.

Where can athletes go for help and advice?
Like most campuses, there were multiple places to go at Adelphi: tutors, advisers, study groups. But I think what's missing at most schools is a liaison between student athletes and their coaches — someone to take the student's side.

Karen Weaver

Sport: Field hockey

School: Lock Haven University

Current position: Professor of sports management, Drexel University

Career highlight: Coached Salisbury University to an NCAA Championship in 1986

What do you wish all athletes knew before they arrived on campus?
At some point, athletes often realize that there's a whole other world that they'd like to experience — student government, studying abroad, etc. But they don't realize that when they take that scholarship, they're really beholden to the coach.

Where can athletes go for help and advice?
In that case, there is rarely much flexibility. They signed a contract and, if they want the scholarship, the coach is in charge. That's why it's so important to thoroughly understand the commitment.

Alyssa Englert

Sport: Basketball

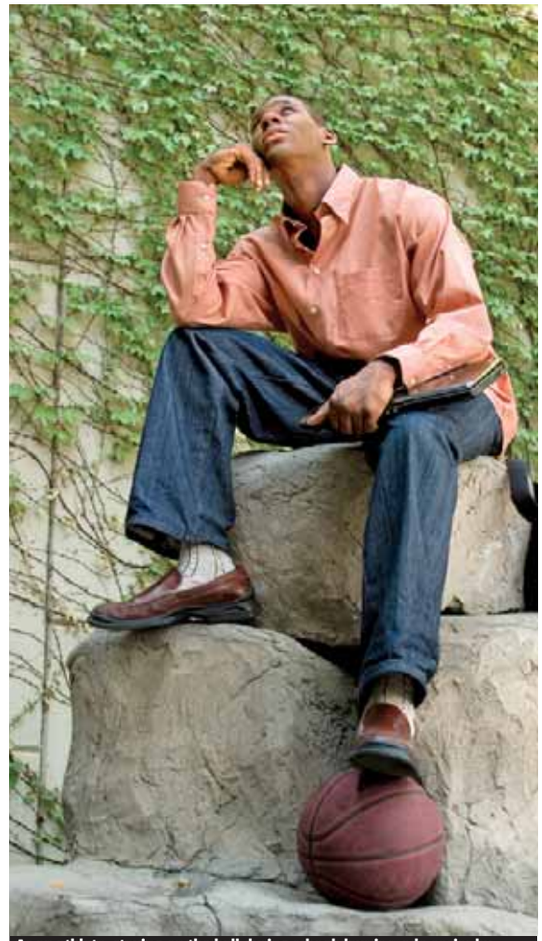
School: University of Hartford

Current position: Point guard for the U. Hartford Hawks

Career highlight: Led the 2012-13 Hawks with 92 assists

What do you wish you knew before you became a student athlete?
I wish I knew the team and the coaches a little better before I arrived. I only visited once. It was a big adjustment when I got here.

Where can athletes go for help and advice?
I'm not really sure. But even if I knew, I'm not sure I would reach out in that way. I like to just kind of keep to myself.



As an athlete, staying on the ball during school days is made easier by thoroughly understanding what you're signing on for beforehand. ISTOCK

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'Round the world wisdom

Facing adversity one step at a time

LESSONS FROM THE DESERT
Stefan Danis
life@metronews.ca

Focus not on the path, but the prints you're leaving along the way. ISTOCK

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10, and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

Life's challenges often loom larger than they really are — we get overwhelmed by what needs to be done then bury our heads and do nothing at all. Not because we don't want to work out a solution, but because we can't figure out where to start.

What we need to do: break down the problem into bite-size chunks.

After I signed up to run the Gobi desert, I had to start … running. I asked people who should know for tips about the best way to prepare and they told me, "go at it one step at a time."

I took three million steps during training. I ran for most of it and when exhaustion hit, I walked. When I became injured I adapted my training regimen, running in a pool to reduce the impact on my shins that badly needed rehab.

When I crossed the starting line in the Gobi, I wasn't thinking about how I was going to run six marathons in five days. I focused on one race at a time. When that got to be too much, I thought about making it to the next 10-kilometre checkpoint, then to just the next flag. When there was no steam left, I concentrated on taking just one more step.

It took me 600,000 steps to cross the finish line. For most of the race I never envisioned that finish line. My mantra was, "OK, one more step."

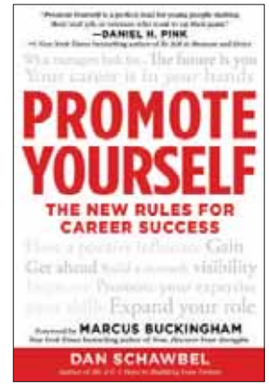
If you're overwhelmed by an issue staring you in the face, start the journey to a resolution by taking that first small step — and then another, and another, moving ultimately to that giant leap forward.

STEFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

A new set of rules to rule the working world

The career ain't gonna come to you. Prepare to put yourself out there in the very public rat race of today

DAN SCHAWBEL
Metro World News



In today's economy, you need to create your own career path instead of relying on a company to create one for you. You need to be accountable — at the end of the day, your success or failure depends on how hard you work, how fresh your skills are and the value you deliver. You are competing not just against your peers, but against everyone in the world.

Positions exist today that didn't five years ago, and jobs of the past have since been automated. We are playing by a new set of rules and by learning them, you can stand out and get ahead. Here are four of the new rules, as mentioned in my new best-selling book, Promote Yourself: The New Rules for Career Success.

Your job description is just the beginning

If all you do is your job, you can't get ahead at work. Instead, you need to constantly prove yourself, over-deliver on your work and take on new responsibilities whenever possible.

Your reputation is the single greatest asset you have

As you move from job to job and company to company, the one thing you get to take with you is your reputation. If you build a strong reputation, the opportunities will find you.

Your personal life is now public

How you present yourself online can affect how people perceive and treat you at work. Your personal and professional lives are merged. Think about how you want co-workers who are friends on Facebook to perceive you before you post.

Your boss's career comes first

Although you are accountable for your own career, your boss's trajectory can make a difference. If your manager isn't successful, it will be hard for him or her to support you. That's why you have to work hard to make your boss's life easier.

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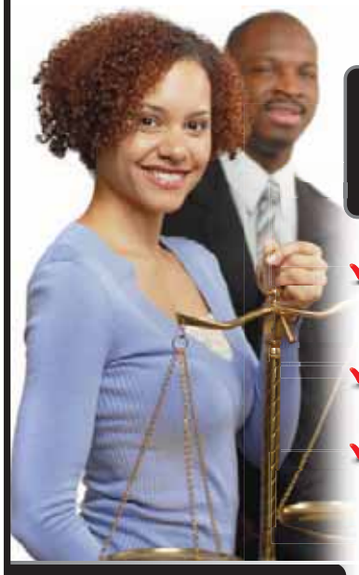

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Arm yourself with the appropriate answers

Let's get ready to respond! The best replies to commonly asked interview questions

SHAHEERAH KAYANIHTTP
TalentEgg.ca

You've got an interview coming up. Are you wondering what kind of questions the employer will ask you? Here's a list of commonly asked interview questions and tips on preparing yourself accordingly.

"Tell me about yourself."
This is a classic question. This is your chance to sell yourself and your talents to the employer. You will want to tell a good story about yourself, what your skills and prior work experiences are, and how you can use that to benefit the employer. Also let your personality shine through, and let the employer in on your interests and career goals.

"What is your biggest weakness?"
This is your chance to talk about your weakness, and definitely emphasize how you are working to improve on it. For example, if you're afraid of public speaking, take on a volunteer position to improve your presentation skills and become more comfortable with public speaking. Showing that you actually recognize your weakness and are taking action to deal with it will show the employer that you are proactive and like to take initiative.

When talking about difficult obstacles, focus on the positive end outcome, and what you learned along the way. ISTOCK

"What are your short term goals (over the next five years)?"
For this question, you should mention your professional goals and relate them to those of the employer. You should talk about what you hope to achieve over the next five years and what you hope to contribute to the employer in that time period.

TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

The tables have turned

Some good questions to ask your interviewer are:

- What is the most challenging and fun thing about this position?
- What is a typical day on the job like?
- What new projects will I get to assist with?
- What will happen next in the hiring process?

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Simon hauls in receptions record

Geroy Simon is the CFL's all-time receptions king.

The Saskatchewan Roughriders slotback made the 1,018th catch of his 15-year career when he hauled in a seven-yard pass from Darian Durant nearly 10 minutes into the first quarter of the Roughriders' 17-12 loss to the Montreal Alouettes. THE CANADIAN PRESS

NFL

Pats knock Falcons off their perch

Tom Brady threw for 316 yards and two touchdowns as the New England Patriots held off a furious Atlanta comeback Sunday night, beating the Falcons 30-23 to improve to 4-0 for the first time since their near-perfect season in 2007. THE ASSOCIATED PRESS

MLB

No-hitter worth the wait for Marlin

Former Toronto Blue Jay Henderson Alvarez pitched a no-hitter with a most bizarre ending, celebrating in the on-deck circle when the Miami Marlins scored on a two-out wild pitch in the bottom of the ninth inning to beat the AL Central champion Detroit Tigers 1-0 Sunday.

The Marlins loaded the bases and with pinch-hitter Greg Dobbs at bat, Luke Putkonen threw a wild pitch that let Giancarlo Stanton score.

Alvarez (5-6) struck out four, walked one and hit a batter. THE ASSOCIATED PRESS

Jays' season ends much as it began

MLB. Toronto falls to Tampa Bay to close out underachieving year with 74-88 record

The Blue Jays acknowledge the crowd during their final game of the season. JON BLACKER/THE CANADIAN PRESS

Wild finish to the regular season

The Texas Rangers forced a one-game tiebreaker for the second AL wild-card spot, winning their seventh in a row Sunday when Geovany Soto hit a tiebreaking RBI double and later homered to beat the Los Angeles Angels 6-2.

- The Rangers (91-71) added game No. 163 to the regular season, and will host Tampa Bay on Monday night. The winner plays two days later at wild-card leader Cleveland in another win-or-be-done matchup.

Wasted season or expensive experimental test run?

The much-vaunted 2013 Toronto Blue Jays returned to the drawing board after a season rife with underachieving closed Sunday. Questions abound after the dismal campaign.

"We got off to a slow start and obviously it continued the entire year," GM Alex Anthopoulos said by way of understatement.

The season opened April 2 with a home sellout of 48,857 fans at Rogers Centre for a 4-1 loss to Cleveland.

Fast-forward to Sunday and only two players — shortstop Jose Reyes and catcher J.P. Arencibia — remained in the starting lineup. And Reyes missed some 66 games in between with an ankle injury while Arencibia came into the season finale batting .195 with 21 home runs and 147 strikeouts in 473 at-bats.

It seemed fitting that prior to the ceremonial first pitch Sunday, the PA system played Pick Up the Pieces by the Average White Band.

The Jays finished last in the American League East at 74-88, compared to 73-89 last season when they finished fourth in the division. Fan Appreciation weekend closed out with an exciting but failed comeback in a 7-6 loss to the Tampa Bay Rays before a loud crowd of 44,551.

Despite Sunday's six-run rally, it's has a been a rocky road for the Jays — and a long way from the optimism of spring training.

"It's an exciting season. Everybody's seen the moves," star outfielder Jose Bautista said back in February. "All the bodies are here now. It's all on us now to perform.

"We love that challenge and we have a confident, good group of players together. I think we're going to go out and have a lot of fun and hopefully we remain healthy. If all that happens, the season should take care of itself. We should be in the playoffs and hopefully the World Series."

The expected starting rotation — R.A. Dickey, Mark Buehrle, Brandon Morrow, Josh Johnson and Ricky Romero — cost $46.75 million alone.

It went south quickly, finishing with a combined 30-36 record — with Dickey and Buehrle accounting for 26 of those wins. THE CANADIAN PRESS

Flames strike a deal with Leafs for Colborne

The Flames acquired Joe Colborne, centre, from the Maple Leafs in a trade. A conditional draft pick went to the other way. FRANK GUNN/THE CANADIAN PRESS

It didn't take long for Brian Burke to reach into his Toronto Maple Leafs past in his new job with the Calgary Flames.

Late Saturday night, Burke's Flames acquired centre Joe Colborne for a conditional fourth-round pick in the 2014 draft.

Colborne was among the players fighting for one of the final spots on the Leafs roster but did not stand out in the pre-season. The 23-year-old joins a host of other young players who are expected to be given big minutes by the rebuilding Flames.

"With the opportunity to speak with Brian Burke and learn about Joe's hockey sense and character from someone who had him as a player and knows him so well, it became clear to us that this is the type of young, big centre we need," Flames general manager Jay Feaster said in a statement.

"He fits in very well with our rebuild and provides size up the middle which we believe is critical going forward. The fact that he is from Calgary is an added bonus. We look forward to welcoming him to the Flames family."

It's the second time Burke has traded for Colborne. When he was the Leafs' GM, Burke got Colborne from the Bruins as part of a deal that sent defenceman Tomas Kaberle to Boston.

Now the Flames' president of hockey operations, Burke has some salary-cap space to play with. Beyond Colborne, who's on a one-year, one-way deal that pays him $600,000 US, that could mean getting involved in waivers in the coming days. THE CANADIAN PRESS

4 SPORTS

Horoscopes

♈ Aries
March 21 - April 20
Both at home and at work you will know if others are telling the truth or tell fibs – no way will they fool you. If you do catch someone out in a lie make sure they pay for it.

♉ Taurus
April 21 - May 21
You may be in a trusting mood but don't let your generosity blind you. Some people will happily rip you off if they think they can get away with it. Don't let them..

♊ Gemini
May 22 - June 21
The planets warn you must not push yourself too hard this week, so cut yourself some slack and get some enjoyment from life.

♋ Cancer
June 22 - July 23
Be who you want to be and do what you want to do. That, in a nutshell, is the message of the stars this week and if you follow it you won't go far wrong. You may also earn some extra money.

♌ Leo
July 24 - Aug. 23
Only you know how hard you have strived to reach your current position, so don't let those who are a bit too free and easy with their criticisms get you down. What do they know? Not nearly as much as you.

♍ Virgo
Aug. 24 - Sept. 23
Some kind of offer will come your way this week and if you are smart you will snap it up. You may be shy and retiring by nature but you know a good thing when you see it – and this is first class.

♎ Libra
Sept. 24 - Oct. 23
Take care you don't spend too much on luxury living today. If you do you may be in for a shock a few weeks from now when money is much harder to come by. Is it essential? If not, don't buy it.

♏ Scorpio
Oct. 24 - Nov. 22
Family, friends and colleagues will rally round today to show they are behind you one hundred per cent. Whatever you want you will find a way to get it. More likely though, someone will get it for you.

♐ Sagittarius
Nov. 23 - Dec. 21
You may not be entirely happy with the direction your life is going but there is no need to panic. The tide is turning in your favour, so be happy!

♑ Capricorn
Dec. 22 - Jan. 20
Your confidence is sky high at the moment and you only have to walk down the street to turn heads. Why? Because when you feel great on the inside you look great too.

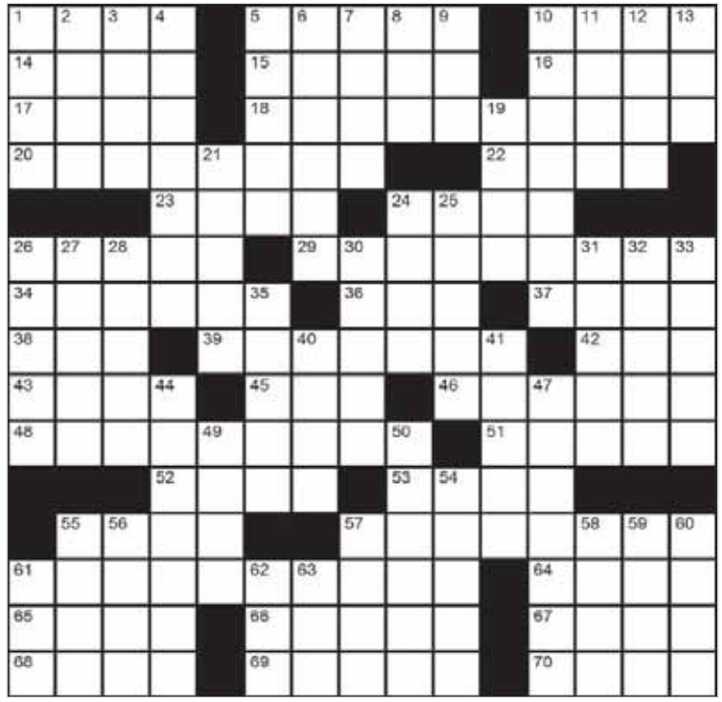
♒ Aquarius
Jan. 21 - Feb. 19
Even if you don't have an idea what is going on around you at the moment act as if you do. Create the illusion that you are in control. It's surprising how easily people are fooled.

♓ Pisces
Feb. 20 - March 20
If you get the chance to travel this week, maybe to a place you have never been before, don't hesitate or hang back. Life is supposed to be an adventure, so be bold and be the one who does something different. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

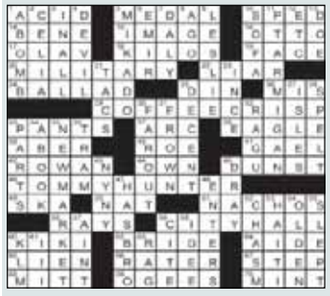
BY KELLY ANN BUCHANAN



Across
1. Foretoken
5. Light rains
10. Scratch
14. __ passu (Impartially)
15. Really got to or bothered: 2 wds.
16. Chess piece
17. Culture†medium
18. Plastic surgery procedures: 2 wds.
20. Je me __ = I remember (Quebec licence plates slogan)
22. Actor Stephen, and surname sakes
23. "...so long __ __ both shall live?"
24. Scoundrel
26. Line: French
29. Show like "Dragons' Den" in The States: 2 wds.
34. Jerusalem's locale
36. Mr. Roth
37. "Divine Secrets of the __-__ Sisterhood" (2002)
38. Irish coronation stone, __ Fail
39. "__ Mysteries" on CBC
42. Bert Bobbsey's twin
43. 24-hr. bankers
45. Wet dirt
46. Operate
48. British Columbia city
51. Pops
52. Office phone lines, for short
53. Regarding: 2 wds.
55. Spa treatment, mani-__
57. Canadian Charter of Rights and __
61. Group of Seven painter, Franklin __ (b.1890 - d.1945)
64. Milk, in Montreal
65. Actress Jessica
66. Comic strip, For Better or For __
67. French 101 verb
68. Imagine, archaically
69. "Boy __ World" ('90s TV series)
70. Canadian telecommunications firm

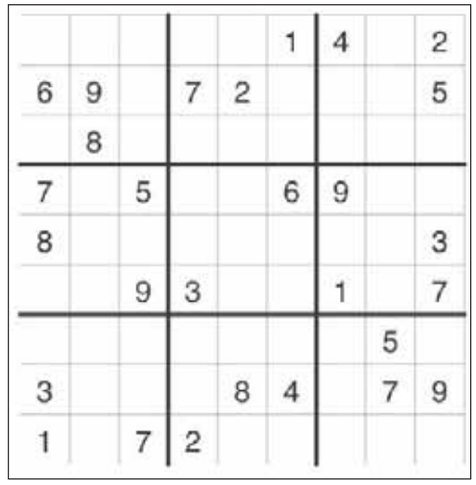
Down
1. Pampering places
2. Othello villain
3. Grey, in Germany
4. Grunge greats
5. "Ahoy, __!"
6. Apple songs
7. School terms, for short
8. Scottish hat
9. Particular pen
10. 'C' in SPCA
11. Ricky Martin smash: "Livin' La Vida __"
12. Approves, quick-style
13. Month segments [abbr.]
19. "Star __"
21. "_ __ to recall that..."
24. Gloriole
25. Love Story author Mr. Segal
26. Fragrant scent
27. "...__ __ _ plane?" (Superman-spotting question)
28. Tiny weights
30. Ms. Hopper of Hollywood's heyday gossip
31. Milk, vitamins _ __ _ added
32. Spiral-horned antelope
33. Surnamesakes of Orson Welles' most famous role
35. "Network" (1976) director Sidney
40. Floor coverings
41. Urgency
44. Oprah's longtime love
47. Mr. __ (Soup brand)
49. Nero's 62
50. Most unique
54. Tennis great Monica
55. Pallid
56. Actress, Kathryn __
57. Food assortment
58. Vow
59. Ms. Sorvino
60. Goulash
61. Crow cry
62. Uniquely-spelled mountain basin
63. Flat-bladed tool

Friday's Crossword

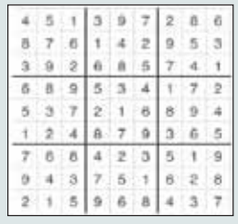


Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Friday's Sudoku



Weather

TODAY	TUESDAY	WEDNESDAY
MAX: 12° MIN: 5°	MAX: 11° MIN: 3°	MAX: 10° MIN: -2°

BT BREAKFAST TELEVISION

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WEEKDAYS 5:30 AM

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A baby's foot.

Mere inches in length, it is formed by twenty-six bones, thirty-three joints, and five little piggies. Endlessly scrunched, kicked, tickled, bitten, and gently pressed against paper for keepsake footprints. It is truly one of the most precious parts of the infant's body. But as the foot becomes that of an adult, it will become steadier and stronger. Then, it will accomplish more intricate actions, like walking past those in need, butting ahead in lineups, and slamming on the brakes to cut off other drivers. It's time we used our feet for a better purpose again. To find out how, visit people for good.ca. After all, no one is born bad. Let's all get back to good.

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